

Public Issues Report 2nd Quarter 2012

Public File – 2nd Quarter 2012

News at

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April 2012

April 2nd

STARTING TODAY, NEW TORNADO WARNINGS MEANT TO make PEOPLE take notice WILL BE TESTED IN KANSAS AND MISSOURI. RADIO AND T-V ALERTS FOR TORNADO ALLEY WILL SAY THINGS LIKE "MASS DEVASTATION IS POSSIBLE" AND "THIS STORM IS NOT SURVIVABLE."
THE NATIONAL WEATHER SERVICE SAYS PEOPLE AREN'T taking the current warnings seriously and they want TO SHAKE THINGS UP.
THE WARNINGS WILL GO NATION-WIDE IF SUCCESSFUL.

April 3rd

You may not want them to hear you now! The feds are trying to get around the ban on warrantless GPS tracking laws, by tapping info from your cell phone's towers! Prosecutors believe that because your cell phone provider owns your cell phone info... and a third party stores your records, you have no reasonable expectation of privacy on those bad boys!

April 4th

YOU'RE FATTER THAN YOU THINK YOU ARE! YOU KNOW "THE BODY MASS INDEX?" THAT'S THE THE 180-YEAR-OLD FORMULA USED TO DISTINGUISH BETWEEN HEALTHY AND UNHEALTHY WEIGHT, WELL ITS ALL WRONG. A NEW STUDY BY PLOUSE-ONE SAYS YOUR B-M-I IS A POOR MEASURE OF FATNESS IN MEN AND EVEN WORSE FOR WOMEN. BONE DENSITY EXAMS SEEM TO BE MORE EFFECTIVE, BUT EITHER WAY, YOU'RE PROBABLY FAT.

April 5th

MELT AWAY THOSE POUNDS WITH CHOCOLATE.
IT'S THE NEW WAY TO THIN. A NEW STUDY, SHOWS ADULTS WHO EAT A MODEST AMOUNT OF CHOCOLATE ON A REGULAR BASIS ARE ACTUALLY THINNER THAN THOSE WHO DON'T. OTHER HEALTH BENEFITS OF EATING DARK CHOCOLATE INCLUDE:
- STRESS RELIEVER
- FULL OF FIBER AND ANTIOXIDANTS
- GOOD FOR THE HEART
MORE WAYS CHOCOLATE CAN IMPROVE YOUR HEALTH AT BODYCHECKLIST DOT COM.

April 6th

The pain is apparently unbearable -- because "PAIN KILLER" ADDICTION CONTINUES TO rise!
THE D-E-A SAYS....OXYCODONE SALES HAVE JUMPED SIXTEENFOLD IN SOME AREAS BETWEEN 2000 AND 2010.

and in 2008, THERE WERE 14,800 OVERDOSE DEATHS FROM OPIE-ID PAINKILLERS, that's the key INGREDIENT IN OXYCODONE and hydrocodone!

ALL IN ALL ITS ENOUGH TO GIVE 40 5-MG PERCOCETS AND 24 5-MG VICODINS TO EVERY SINGLE US RESIDENT

April 9th

Researchers have "pin-pointed" the exact genes spurring obesity in kids!
This research quote, "robustly" shows... that two gene variants predispose some kids to being way overweight, no matter what they eat or how much exercise they get. So the really good news... THE FINDINGS COULD LEAD TO

NEW DRUGS TO TREAT OBESITY OF ALL AGES.

April 10th

Dental x-rays can double your risk for a brain tumor! Especially if you're getting one of these bitewing exams or if you're an adult now and had one of those panoramic exams when you were a kid. Or if Steve Martin's your dentist. But a note from those stuffy researchers... Don't over react.. Instead just talk with your dentist!

SO YOU FINALLY TOOK A LEAP AND DECIDED TO LIVE TOGETHER. JUST BECAUSE YOU'LL SEE EACH OTHER MORE OFTEN DOESN'T MEAN YOU HAVE TO LOSE THAT SPARK THAT YOU HAD IN THE BEGINNING... HERE'S HOW TO KEEP IT. Meet after work. Avoid roommate drama. Don't forget the little things.

April 11th

We're kicking off our "teen block" with this... With an s-o-s! A new STATE FARM study finds TEENS just aren't seeing the text type on the wall, as 57-percent of 16 TO 17 YEARS OLD DRIVERS admit they TEXT AND DRIVE! That's the same rate as in 2010.... DESPITE ALL THE CAMPAIGNING AGAINST IT. Crazier yet... 76-PERCENT OF 14 TO 17 YEAR OLDS do BELIEVE YOU WILL BE KILLED SOMEDAY IF YOU TEXT AND DRIVE! NOT SURPRISING ARE ALL THE EYE-ROLLS THE SURVEY GOT.

TIME TO SPRING CLEAN YOUR BEAUTY ROUTINE! MICHELLE YARN HAS SOME TIPS FROM GALTIME.COM

HAIR CHANGES WITH WEATHER...
IT'S AMAZING WHAT YOU CAN DO WITH BAKING SODA!

Look through your brushes. Split bristles can damage beautiful hair. Old brushes are susceptible to bacteria - including ringworm. TOSS THE WORST ONES, THEN:

1. Fill your bathroom sink with the hottest water you can.
2. Stir in a couple tablespoons of baking soda.
3. Dump in all of your brushes and combs, letting them soak for at least an hour.
4. Drain the sink. Rinse each brush with hot water for a couple minutes, then with cool water for thirty seconds.
5. Set them on a bath towel to dry overnight. Well-made brushes and combs will look practically new.

April 12th

Before you bite into your breakfast meat this morning, listen up! A DEADLY "SUPER BACTERIA" is becoming resistant.

The f-d-a is calling for meat and poultry producers to stop giving antibiotics to their animals to make them grow faster.

The feds are also ASKING LIVESTOCK DRUGMAKERS TO MAKE 200 DRUGS, LIKE PENICILLIN...
PRESCRIPTION-only.

Have gas prices peaked? Looks like your pain at the pump might find some relief. Triple-A says expect to see a modest "penny drop" across the board this week but a full 10 cents for California freeway drivers. You can thank the European economy, the slow American recovery and hints from Iran that it may be willing to compromise on its crazy nuclear program for the roll-back.

April 13th

If you DECIDE TO WORK THROUGH LUNCH TODAY, it's NOT YOUR BOSS' PROBLEM SO SAYS THE CALI SUPREME COURT!

THE L-A TIMES reports the judges ruled that while COMPANIES must allow workers to take lunch, they're not responsible for policing those breaks.

The decision came amid a slew of lawsuits in the state against several companies

IF YOU'RE looking to buy your house, now is the time to do it if you're looking for low interest rates. That's yet another record low. If you're looking to do a 15-year mortgage, you could pay as low as three point 11 percent. If you want to go 30 years, you could pay as low as three point 88 percent. And if you're looking to live in a cardboard box, Washington Park actually has nice trees for shade.

April 16th

LIKE FOREST GUMP LEARNED, SHOES CAN MAKE A DIFFERENCE ESPECIALLY WHEN YOU RUN ACROSS THE COUNTRY AND BACK.

WEARING THE RIGHT SHOES WILL PROTECT YOUR FEET AND PREVENT INJURIES. SO HOW DO YOU PICK OUT THE RIGHT FIT?

* SHOP LATER IN THE DAY- FEET SWELL THROUGHOUT THE DAY, SO THEY ARE LARGER IN THE EVENING

* BRING OR WEAR YOUR OLD GYM SHOES- THE SALES ASSOCIATE WILL LOOK FOR EXCESSIVE WEAR IN DIFFERENT AREAS OF THE SHOE

* MAKE SURE BOTH FEET ARE MEASURED- ONE FOOT MAY BE LARGER THAN THE OTHER, SO PURCHASE YOUR SHOES ACCORDING TO THE LARGER SIZE.

* WEAR THE SOCKS YOU PLAN TO USE WHILE RUNNING- AVOID 100 PERCENT COTTON SOCKS. OPT FOR THOSE WITH WICKING CAPABILITIES THAT REMOVE MOISTURE FROM THE FEET

the calendar says April 16th!

But you have one more day to file your taxes.

Tim the tax collector won't be ringing on your doorbell until tomorrow... April 17th.

He's had the extra time off because April 15th fell on a Sunday and today is Emancipation Day... A holiday in D.C. celebrating the freeing of slaves in the District.

April 17th

LET'S FACE IT, PAYING TAXES BOTH SUCKS AND BLOWS...

LUCKY FOR YOU THOUGH THIS MORNING WE'RE RUNNING A LIST OF TAX-DAY FREEBIES YOU'LL DEFINITELY WANT TO GET YOUR HANDS ON.

FIRST, GRAB LUNCH WITH THE OFFICE AT ARBY'S

- FREE "VALUE" CURLY FRIES

- THE COUPON FOR THE DEAL IS ON THEIR FACEBOOK PAGE.

CHILI'S IS ALSO ONBOARD THE TAX FREEBIE TRAIN.

- FREE APPETIZER IF YOU BUY AN ENTREE

- PRINT THE COUPON OFF THEIR WEBSITE OR SIMPLY SHOW IT VIA YOUR SMARTPHONE

FINALLY, PERK UP THE TAX PAYMENT BLUES WITH SOMETHING SWEET FROM MARBLE SLAB

CREAMERY

- FREE SCOOP OF FREE FROZEN YOGURT
- WALK IN BETWEEN 4 P-M AND 7 P-M, NO COUPON REQUIRED

other freebies:

MaggieMoo's Ice Cream and Treatery will offer a free scoop of frozen yogurt from 4 p.m. to 7 p.m. April 17 at participating locations.

Seattle's Best Coffee will mail a free sample of its Levels coffee to you if you visit the company's Facebook page and click on "Great American Coffee Refund."

YOU CAN FIND LINKS TO ALL THOSE DEALS AND MORE ON OUR HOMEPAGE DAILY BUZZ NATION DOT-COM.

April 18th

NORTH KOREA IS P-O'D THIS MORNING because the rest of the world made fun of their rocket of mass dysfunction... So next on their to-do list... A nuclear test.

STATE RUN MEDIA SAYS they DON'T need TO STICK TO A DEAL for food IT MADE WITH THE U-S MONTHS AGO. IT'LL BE THE COUNTRY'S THIRD NUCLEAR TEST IF NEW LEADER KIM JONG-UN DECIDES it's a-go.

April 19th

America's oldest living teenager has passed.

Dick Clark died of a heart attack yesterday in Los Angeles at the age of 82. For over three decades, Clark hosted of the hugely influential "American Bandstand," which helped spawn the careers of countless music legends. Other decades long Dick Clark traditions included his annual New Year's rockin' Eve and his hosting of the Pyramid game shows. He was a true television icon.

Parents whose kids have accidentally run up huge bills playing games on their iPhones and ipads could be in line for cash back from Apple.

-Campaigners are awaiting the result of a U.S. court case in which a group of disgruntled parents are suing the company after their children's innocent game playing ended up costing a fortune.

Do you think they have a valid point, or is this another case of parents suing for someone to deal with their kids so they don't have to?

April 20th

A CONVICTED MURDERER, IS ONE OF TWO INMATES ON THE LOOSE THIS MORNING AFTER ESCAPING A JAIL IN KANSAS. SANTOS CARRERA-MORALES BUSTED OUT OF THE PEN NEAR TOPEKA... HE IS SERVING TIME FOR TWO COUNTS OF FIRST-DEGREE MURDER.

ERIC JAMES, IS ALSO MISSING... HE has KIDNAPPING AND BURGLAR under his belt. TWO OTHERS WHO ESCAPED WITH THEM have been CAUGHT.

ALL FOUR WERE TRANSFERS FROM A STATE PRISON TO DEAL WITH OVERCROWDING.

Today we are talking about inappropriate work clothes. our Head drama career expert told us which items are better left at home

First off..* Spaghetti straps- You see them all the time at the bars, or the dance club, or at house parties where people throw ping pong balls into cups full of the worst beer imaginable. Which is where I'll assume you're coming from if that's what you're wearing to work.

* Plaid flannel shorts- I miss college, too.

* House shoes- although comfortable- it's not very professional
What items do you think should be added to the list? For more, visit head.drama.com now!

April 23rd

THE JUSTICE DEPARTMENT IS GOING AFTER NON-VIOLENT SEXUAL OFFENDERS. U-S-A TODAY SAYS CURRENTLY THE GOVERNMENT CAN ARREST SEX OFFENDERS AFTER THEIR PRISON SENTENCES IF IT CAN PROVE THEY HAVE A MENTAL ILLNESS AND COMMITTED SEXUALLY VIOLENT CRIMES. CRITICS FEAR EXTENDING THAT LAW TO NON-VIOLENT OFFENDERS WOULD GIVE THE DEPARTMENT TOO MUCH POWER.

MOVE OVER "PINK SLIME," THE NEW FOOD SLOP FEASTING ON PEOPLE'S FEARS THIS MORNING IS CALLED "TUNA SCRAPE."

That's THE LEFTOVER BACKMEAT SCRAPED FROM THE BONES OF FISH... And is responsible for a 20-STATE SALMONELLA OUTBREAK!

The "scrape" is used to make sushi and a recent batch that sent more than a hundred people to the hospital was recalled!

* SEAFOOD EXPERTS CALL THE PINK SLIME COMPARISON "UNFAIR" because pink slime is a "processed" product -- is cooked, sent through a centrifuge, and sprayed with ammonia. Unfair or not?

* pink slime controversy ?

April 24th

SOON THEY'LL TAKE OVER THE WORLD. FACEBOOK HAS finally PASSED the 900 MILLION USER mark.

A marker THAT'S HELPED THEM RAKE IN MORE THAN A BILLION DOLLARS IN SALES FROM ADS.

THOUGH ITS MAKING RECORDS, THE GROWTH RATE IS ACTUALLY SLOWING DOWN. BUT YOU

WOULDN'T KNOW IT BY THESE STATS. -MONTHLY ACTIVE USERS NOW TOTAL 901 MILLION

-DAILY ACTIVE USERS ARE UP TO 526 MILLION

-3.2 BILLION LIKES AND COMMENTS ARE POSTED DAILY.

-APPROXIMATELY 5% OF USERS ARE FAKE.

DO YOU GET HANGRY?

YOU KNOW WHEN YOU'RE SO HUNGRY YOU GET ANGRY WITH PEOPLE, LIKE THOSE SNICKER'S COMMERCIALS?

WELL YOU CAN AVOID THAT BY SNACKING ON ONE OF THESE 5 SLIMMING FOODS.

Yogurt.

-go for the greek kind it has more protein

-easy to throw in your lunch box.

Granola bars.

- opt for those that are low in fat and sugar

- perfect to stash in your desk drawer

Fresh fruit or veggies

- low in calories and fat, and filling.

Smoothies.

- get ones that are low-fat

- another tip, tell them not to add extra sugar.

Baked Chips.

-if you need that salty fix, opt for baked one or naturally popped snacks

MORE TIPS ON HOW TO SNACK BETTER AT BODY.CHECKLIST.DOT.COM.

April 25th

TRANSGENDER PEOPLE now have "federal" protection in the workplace!

THE WASHINGTON POST REPORTS the e-e-o-c's decision MEANS that DENYING SOMEONE a job BASED ON THEIR GENDER I-D.... breaks SEX DISCRIMINATION laws! while 16 STATES AND D-C ALREADY ENFORCE SIMILAR LAWS, legal eagles say the NATIONAL STANDARD offers clearer guidance.

April 26th

DOES ELECTION SEASON LEAVE YOU AND YOUR FRIENDS AND FAMILY DEBATING LIKE THIS. WELL IT

DOESN'T HAVE TO. HERE ARE A FEW RULES TO KEEP YOUR CONVERSATIONS FROM BECOMING SCREAMING MATCHES. Know your facts. Put yourself in the other person's shoes. Don't regurgitate other's views. Find common ground. Concede when you're wrong. Stay calm at all costs.

THE king of burgers IS MAKING A WHOPPER of a SHIFT in the way they do business. U-S-A TODAY says burger king WILL GET ALL EGGS AND PORK FROM CAGE-FREE FARMS BY 20-17. That'll force MORE FARMS TO start raising animals in crate-FREE environments. MC-DONALDS AND WENDY'S are expected to make the same move soon.

April 27th

62%. That's the percentage of Americans who now own a home -- the lowest in more than a decade. In the aftermath of the worst housing collapse since the Great Depression, the new Gallup numbers show an 11 point dip from its peak of 73% home ownership in 2007. And only 53% of homeowners say their house is worth more now than when they bought it -- down from 80% in '08. Home ownership. It's melted faster than an American Dreamicle.

April 30th

FORBES MAGAZINE RECENTLY ANALYZED F-B-I CRIME DATA TO FIND OUT WHERE THE MOST DANGEROUS CITIES IN AMERICA FOR WOMEN ARE. ADD ROBBERY AND AGGRAVATED ASSAULT STATS TO FORCIBLE RAPE AND YOU GET....NUMBER ONE: SAGINAW MICHIGAN
NUMBER TWO: ANCHORAGE, ALASKA
NUMBER THREE: FAIRBANKS, ALASKA
NUMBER FOUR: SPRINGFIELD, ILLINOIS
BUT INSTEAD OF AVOIDING DANGEROUS PLACES

SAGINAW, MICHIGAN HAS 76 RAPES AND 870 VIOLENT CRIMES PER 100,000 RESIDENTS. BUT INSTEAD OF AVOIDING DANGEROUS PLACES. WE FOUND ONE BETTER WAY TO PROTECT YOURSELF... TIPS FROM A FORMER LADY SPY. BADASS LINDSAY MORAN SPENT FIVE YEARS IN THE C-I-A, SO SHE KNOWS EVERY SAFETY PROCAUTION OUT THERE. HERE'S SOME OF HER SIMPLE TIPS TO KEEP THE LADIES SAFE. Double lock the door in a hotel: and bring an inexpensive rubber door wedge for added protection. Use valet parking: Dark, deserted parking lots and garages are notoriously unsafe for women on their own. Protect your privacy: If you travel with a laptop and work on a plane or train, use a computer privacy filter on your screen. Trust your instincts: Female intuition and instincts are what make women some of the CIA's most effective covert operatives. They also keep women safe."

MAY 2012

May 1st:

AND WHEN YOU YOUNG PROFESSIONALS ARE HUNTING FOR THOSE EMPLOYMENT OPPORTUNITIES, CONSIDER THE HAPPIENESS FACTOR. CAREER-BLISS-DOT-COM COMPILED A LIST OF 10 OF THE HAPPIEST PLACES FOR YOUNG PROFESSIONALS TO WORK BASED ON FEEDBACK FROM YOUNG WORKERS. COMING IN AT NUMBER FIVE...

5. AstraZeneca: is a global, innovation-driven, integrated biopharmaceutical company. Workers discover, develop, manufacture and market prescription medicines for six important areas of healthcare, which include some of the world's most serious illnesses.

4. United Space Alliance: appreciates employees expertise and encourages ideas. Serves customers worldwide3. Fluor: takes on the toughest challenges in engineering, procurement, construction, maintenance, and project management. Offers jobs around the world. Has been in business for 100 years2. Nordstrom: Value collaboration and worker ideas and suggestions. Believe in recognizing success. This culture of empowerment, respect and competition creates an environment that our employees thrive in. 1. GE Energy: GE Energy, a division of General Electric, leads the pack as the happiest company for young professionals. Headquartered in Atlanta, Ga., the firm has over 100,000 employees in more than 100 countries. Human Resources for the company says workers are happy because they are working on things that matter to the world.Rounding out the top 10 is

6. Centex

7. GlaxoSmithKline

8. Wipro

9. FedEx Express

10. Kaiser Permanente

MAY 2

SO YOU WANNA GET SOME SLEEP? YOU COULD DRUG YOURSELF UP WITH SLEEPING PILLS

OR YOU COULD LISTEN TO THE ONE BETTER WAY WE FOUND TO HELP YOU SLEEP.

FOOD! THAT'S RIGHT, SOME INSOMNIA SUFFERERS WAKE AT NIGHT BECAUSE THEIR BLOOD SUGAR DROPS TOO LOW. HERE'S SOME FOOD SUGGESTIONS FOR SPECIFIC SNOOZING ISSUES.

TROUBLE FALLING ASLEEP: try the most popular sour cherry that's used in pies & desserts THE MONTMORENCY CHERRY.

TROUBLE STAYING ASLEEP: PUMPKIN SEEDS

NERVOUS EXHAUSTION & SLEEPLESSNESS: OATMEAL

MAY 3

If driving just isn't your thing... taking to the skies could be an option, but if you have the kids with you, a long trip might sound like hell.

U-s news and world report has put together a list of the best international airlines for families...

first up, British Airways.

British Airways operates under a "Feed Kids First" policy, so little ones will get their nutritious meals-plated with healthy portions of fruits and veggies-before you do. That way, children who struggle with impatience can devour their dishes, then you can enjoy yours in peace
Another great thing about BA is that toddlers can ride for free. But here's the catch-you need to call ahead to secure the bulkhead and bring your own Britax booster seat.

BA also provides kids with Skyflyer activity packs (filled with games and other activities) and in-flight entertainment that features the Disney and Cartoon Networks.

Next, Gulf Air.

They have a Sky Nanny program. Once families board the airplane, these nannies will help parents do everything from set up the bassinet to play games with their children. They even serve children their food, allowing parents to enjoy a tranquil meal of their own. And if you've found that you've forgotten anything, the Sky Nannies can supply you with items like diapers, baby food, coloring books, and more.

last, Virgin Atlantic & Virgin America

this trendy airline goes a step further by providing "care chairs," which are custom seats for kids, who range in age from six months to three years. Older children also benefit from Virgin Atlantic's entertainment options that include newly released films and popular age-appropriate TV programs. Plus, they offer their version of kid packs; inside, children will find a book, a watch, and more.

the Jet Set Kid Pack, a fun meal option designed with little appetites in mind. The pack comes with healthy snacks (like Goldfish crackers and Strawberry Dip'ems) as well as a puzzle to help children pass the time. Virgin America also offers kid-friendly entertainment (including games).

May 4

MORTGAGE RATES ARE AT THE LOWEST POINT IN 60-YEARS THIS MORNING.

U-S-A TODAY REPORTS A 30-YEAR FIXED RATE WILL RUN YOU ABOUT THREE-POINT 84-PERCENT RIGHT NOW.

ANALYSTS SAY THE LOWER RATES COULD SPUR REFINANCING... THAT IS, IF YOU CAN SKIRT ALL THE RED TAPE.

LENDERS BELIEVE RATES COULD RISE past FOUR-PERCENT LATER THIS YEAR.

MAY 7H

road trip!

Gas prices have dropped 7 cents.

according to the lundberg survey.. The average price of regular is now 3-85 a gallon.

analysts say it's from lower crude oil prices.

Fine with me.

Prices have fallen more than 12 cents in the past month, so maybe the trend will continue thru summer.

MAY 8TH

Federal student loan rates are set to double by july first unless politicians on the hill can come up with a compromise.

The fight hits the Senate floor today as both sides argue over how to offset the six-billion dollars needed to keep rates down.

democrats want to get rid of some corporate tax breaks, while Republicans want to pull money from funds set aside for obama's health care reform.

north carolina is at the center of the gay marriage debate today as voters head to the polls!

they're casting ballots on an initiative that would effectively ban gay marriage. If the ballot passes... It would mean a constitutional amendment defining marriage as solely between a man and a woman.

Experts expect it to pass, despite the state's moderate politics... and it's motto "to be rather than to seem"

MAY 9th

DIETS ARE FOR QUITTERS.

IT'S UNHEALTHY AND UNNATURAL AND NEVER LAST FOR LONG.

THAT'S WHY ONE BODY CHECKLIST CONTRIBUTOR SAYS IT'S TIME TO CHANGE HOW YOU THINK ABOUT DIETS AND FOOD ALL TOGETHER.

[CG :2014 - Body Checklist Two Line\fill your entire plate\true or false?]

TRUE OR FALSE

YOU SHOULD FILL UP YOUR ENTIRE PLATE WITH FOOD?

-TRUE

- FILL IT WITH THE RIGHT FOODS.

- PROTEIN, MULTI-GRAINS, LOTS OF VEGGIES.

TRUE OR FALSE

YOU SHOULD NOT SNACK

-FALSE

-IF YOU'RE STARVING YOU'RE MORE LIKELY TO BINGE.

-EAT HEALTHY SNACKS LIKE NUTS, FRUIT, YOGURT.

TRUE OR FALSE

NO DESSERTS ALLOWED

-FALSE

-AVOID THE GERMAN CHOCOLATE CAKE

-INSTEAD HAVE SOME DARK CHOCOLATE AND FRUIT

THERE'S AN OBSESSION OUT THERE AFFECTING A HUGE CHUNK OF SOCIETY.
IT'S CALLED NOMOPHOBIA... THE IRRATIONAL FEAR ASSOCIATED WITH BEING WITHOUT YOUR PHONE.

A NEW STUDY FROM ACROSS THE POND SAYS 66% OF PEOPLE SUFFER FROM NOMOPHOBIA.

HERE ARE THE WARNING SIGNS THAT YOU MAY HAVE NOMOPHOBIA:

*INABILITY TO EVER TURN YOUR PHONE OFF

*OBSESSIVELY CHECKING FOR MISSED CALLS, EMAILS, AND TEXTS

*UNABLE TO GO TO THE BATHROOM WITHOUT YOUR PHONE

Do you have nomophobia or someone that does. Or do you think this entire study is crap?

May 10th

The u-s-p-s has decided to cut hours rather than shut down post offices in an effort to save about a half a billion dollars!

the plan right now is to cut hours at rural shops and shift a ton of full-timers to part-time status.

those communities on the list will have to choose whether their local post office stays open with shorter hours, becomes a "village post office" via a private company, or closes altogether.

May 11th

THE PRICE OF GAS IS free.... Free fallin!

ANALYSTS SAY GAS DIPPED EARLIER THAN USUAL THIS YEAR, MEANing DRIVERS SHOULD BE ABLE TO ENJOY LOWER PRICES LONGER. THE AVERAGE PRICE FOR A GALLON OF REGULAR IS ABOUT 20-CENTS LESS than this time LAST MONTH, expect for the west coast. SOME EXPERTS EXPECT PRICES TO LEVEL OFF SOON HOWEVER, SAYING "3-50 IS PROBABLY AS GOOD AS IT'S GOING TO GET."

May 14th

AMERICANS ARE HAPPIER THAN EVER... AT LEAST THAT'S WHAT A NEW GALLUP POLL SAYS.

IT'S BEEN TRACKING EMOTIONAL HEALTH SINCE JANUARY OF '08 AND FOUND CURRENTLY AMERICANS' EMOTIONAL HEALTH INDEX SCORE IS 79.9 WHICH IS THE HIGHEST EVER RECORDED. RESEARCHERS

SAY THE STUDY HAS SHOWN PEOPLE GET HAPPIER AS THEIR VIEWS ON THEIR STANDARDS OF LIVING IMPROVE.

HAVE A CRAPPY VIEW ON how you live? Have no fear... WE FOUND ONE BETTER WAY FOR THOSE of you WHO ARE DOWN IN THE DUMPS TO CHEER UP.

WORK OUT!

WHEN YOU EXERCISE YOUR BODY RELEASES SEROTONIN, THE 'FEEL GOOD' chemical, INTO THE BRAIN MAKING YOU FEEL HAPPY AND GOOD ABOUT YOURSELF. AND JUST THINK OF all those CALORIES you're burning off AS AN ADDED BONUS TO YOUR HAPPY TREATMENT.

May 15th

Well president obama tries to define his "view" on gay marriage today.... that interview airs "this morning" on the view....and the president again urged same sex marriage equality after the show taping.... While living la vida mucho dinero with Ricky Martin, who's looking very John Waters these days in his creepy pencil thin mustache.

NO TWEETIN' OR FACEBOOK'N FOR JURORS IN MASSACHUSETTS. THE BOSTON GLOBE REPORTS that for the first time, AN APPEALS COURT WANTS JUDGES TO SPELL OUT RULES AND TELL JURORS WHY POSTING COMMENTS ON SOCIAL WEBSITES COULD CAUSE MISTRIALS or convictions to be later overturned

May 16th

THERE'S A LOT OF GRADUATION CEREMONIES GOING ON THIS WEEKEND AND NO DOUBT SOME SNOOTY COMMENCEMENT SPEAKER WILL BE THERE TO INSPIRE AND ADVISE YOU ON WHAT YOU SHOULD DO AS YOU ENTER THE 'REAL WORLD.' FORGET ALL THAT!

HERE'S ONE BETTER WAY TO FIND SUCCESS. ADVICE FROM EVERYDAY GRADS LIKE US!

Get an internship and turn it into a real job.

Never give up!

Go with what makes you happy, then learn how to make money doing it.

Follow Your Passion. ...Especially if Passion is the stripper who stole your wallet.

NOW HERE'S WHAT YOU'RE SAYING IS THE BEST ADVICE YOU GOT AFTER GRADUATING.

Matt Haze:

Enjoy the ride. So many times we focus on the ultimate goal, but never enjoy the ride that gets us there.

Katina Iams:

If you're not happy in your job find a new one otherwise you hate getting up to go to work.

Avery Crain:

You know son....the Military is always hiring!

If you are at a national park this weekend, don't forget to check out the solar eclipse.

On sunday, Thirty-three national parks will see the annular eclipse. Many western parks will be offering up events for guests, like placing telescopes out for viewing and astronomy festivals. Tough luck for the eastern seaboard though, the sun will set for you before the eclipse begins, so you aren't going to see squat!

May 17th

The nation's largest bank, J-P Morgan Chase, is being investigated by the F-B-I

Director Robert Mueller confirmed a preliminary investigation, in the aftermath of a highly publicized \$2 billion trading loss

on a series of complex bets on credit default swaps. It's not clear whether any crimes were committed, or if they were just dumb mistakes. Either way, keep eye out for A-B-C's default mid-season replacement series...

Credit Swap. As always, it's all in the ratings.

oh, you don't want to hear this now!

if you have unlimited data with Verizon Wireless.. And plan to upgrade this summer... The company is going to force

you to switch to tiered plans. Verizon stopped allowing new customers to buy unlimited data plans a year ago. AT&T still allows customers with unlimited plans keep that service when they upgrade. And Sprint is the only carrier that offers it to "newbies."

May 18th

Family, friends and fans are reacting to the death of disco queen donna summer. She lost her battle with lung cancer and died while surrounded by her family at her home in florida. Word is.. It wasn't from smoking, but from the debris clouds on 9-11.

Summer first rose to fame in the mid-70s with 'love to love you baby'... And continued dropping the hits in the 80's with 'she works hard for the money'. She won five grammys over the span of her career. Summer was 63 years old.

CASES OF SALMONELLA ARE POSTING BIG NUMBERS THIS MORNING FROM YOU GUESSED IT...SUSHII

A NEW GOVERNMENT REPORT SAYS 316 cases of SALMONELLA in SUSHI grade tuna have been reported...

AND the food police BELIEVE UNREPORTED CASES COULD raise that number to more THAN 95-HUNDRED.

SO FAR, 26 STATES, and D-C, HAVE CONFIRMED CASES, SENDING 37 PEOPLE TO THE HOSPITAL. LUCKILY, NO HAS DIED.

THE C-D-C THINKS RECALLED "FROZEN RAW TUNA SCRAPE" MADE BY MOON MARINE U-S-A IS TO BLAME.

May 21

alright ladies it's time for a little beauty myth busting in our galtime. Michelle yarn is here to help us out.

Cutting, shaving, or waxing will make hair grow back faster, courser, or thicker.

Not true.

despite the popular urban legend, it will not grow back at a faster rate or in a different texture.

hair grows - half an inch a month

MYTH #2

Plucking one gray hair will cause multiple grays to grow back

Not true! However, you might want to skip the pain of pulling your hair out and embrace DIY hair color.

MYTH #3

Toothpaste is a sure-fire blemish spot treatment. Sort of true. Toothpaste contains ingredients that can dry out skin - thus drying out the pimple. But that can also cause irritation, and potentially cause more blemishes

5 more beauty myths debunked on galtime dot com in the beauty section!

to the trading floor we go... where all eyes will be on facebook's first full week on the board!

Facebook stock jumped eleven percent when trading began friday, but fizzled by the end of the day... closing up just 23 cents at 38-23. Nasdaq admitted to bungling the landmark listing because of technical glitches. Despite all the facebook friday fanfare... stocks clocked their worst weekly losses of the year.

May 22

TRAVELING WITH FRIENDS OR FAMILY THIS SUMMER? DON'T PLAN ON SITTING together on the plane...

Unless you pay up.

AIRLINES ARE NOW RESERVING WINDOW AND AISLE SEATS FOR PASSENGERS WILLING TO PAY EXTRA FOR

THE comfy SEATS. IT'S making the industry money... BUT ALSO MAKING IT hard for FRIENDS AND FAMILY WHO DON'T WANT TO PAY THE EXTRA FEES TO SIT together.

BETTER WATCH OUT MARK ZUCKERBERG, LOOK'S LIKE BILL GATES IS TREADIN' ON YOUR TURF! MICROSOFT WENT PUBLIC WITH IT'S NEW SEMI-SOCIAL NETWORK. IT COMBINES SOCIAL NETWORKING WITH SEARCHES, ENHANCED POSTING, AND OFFERS A VIDEO CONFERENCE APP CALLED "VIDEO PARTY." MIRCOSOFT CLAIMS IT'S NOT COMPETING WITH FACEBOOK BUT RATHER SHARES INFO AND POINTS USERS TO PEOPLE WITH SIMILAR INTERESTS. UNTIL NOW, IT WAS ONLY BEING OFFERED TO A FEW UNIVERSITIES.

May 23

Its summertime - hurray for warm weather... Boo for allergies!

If yours are acting up - michelle yarn has the dish on some not-so-common causes...

Summer fruits and veggies.

- * oral allergy syndrome
- * lips begin to tingle
- * peach, melon, apple, celery
- * People with common grass - a cross-reaction between similar proteins in certain fruits and vegetables and the allergy-causing grass, tree or weed pollens.

Campfire smoke

- * Toasting marshmallows or sitting out at a bonfire
- * asthma attack.
- * Smoke is a common asthma trigger.
- * Sit upwind and avoid getting too close

Chlorine.

- * Although not an allergen, the smell of chlorine from pools or hot tubs
- * can be an irritant and cause flairs
- * allergy-like eye and nose symptoms or asthma in some people.

You can find out how changes in weather and stinging insects can trigger allergies in the health section of galtime dot com now.

May 24

30-percent is your next number - that's how much traffic congestion dropped by in 2011! It's further proof of an economy stuck in the crapper as researchers cite unemployment "and" high gas prices for the oh-so-open roads. By the way, the average American spends around 40 hours per year behind the wheel and the worst morning to commute is Tuesday. The good news in all of this -- if you actually have a job, you're getting there faster!

Let's kick off some wild weather reports....

Hurricane Bud is building up strength off the coast of southwestern Mexico

The storm is packing sustained winds of 75 mph about 385 miles southwest of Manzanillo. The Wind and rain will reach land by late Friday. And the timing is perfect for the weather experts at NOAA to announce their outlook for the 20-12 hurricane season today which officially kicks off June first.

May 25

If you've got the cash.. Now's the time to get some new digs. mortgage rates are at their lowest.

The average rate for a 30-year fixed mortgage fell to a record low of 3-point-78 percent. This is the fourth straight week of drops... the lowest since long-term mortgages began in the 1950s. The average rate on 15-year fixed mortgage... is at 3-point-04.

May 28th

parents listen up... drowning is the number one cause of accidental death for infants and young children between the ages of 1-4.

But it doesn't HAVE to be!

Dawn Tapscott and Michelle Nutter join us from Safe Waters Swim School with some help.

Good morning ladies.

* summer is obviously a time when water is at the top of everyone's minds - but drowning really has no season.

** one great way to ensure safety is with swim lessons - Safe Waters Swim School uses "ISR" or infant swimming resource's "self rescue" methods...

- * what's the basic idea behind this method?
- * kids 6 months to 6 years can do this
- * how long does it typically take to learn?

** there are other key factors to water safety - which you see on the screen - but let's chat for a second about number 1 - effective supervision.

THANKS!

FOR MORE INFORMATION ON ISR LESSONS AND THE SAFE WATERS SWIM SCHOOL - HEAD TO DAILY BUZZ NATION DOT COM AND CLICK THE REBUZZ TAB!

May 29th

YOUR WALLET MIGHT SOON GET A PAT DOWN THANKS TO A NEW FEE IN THE WORKS TODAY.

RIGHT NOW SENATE DEMOCRATS ARE BACKING A NEW T-S-A "SECURITY FEE" which is tacked on to the cost of a ticket, THAT WOULD DOUBLE THE CURRENT FEE of two dollars and fifty cents to 5 bucks EACH WAY. SUPPORTERS CLAIM THE MOVE IS TO OFF-SET RISING SECURITY COSTS BUT CRITICS ARGUE T-S-A JUST HASN'T DONE ENOUGH TO TRIM THE FAT.

May 30th

IT'S unofficial... Mitt Romney is the presidential nominee for the grand old party!

Romney hit the magic number thanks to lone star state voters. The texas primary put him over the 11-hundred 44 delegates needed to become the republican nominee for president. His next primary stop... California where he'll campaign as president obama's official challenger. However... he won't be the official nominee until the republican national convention august 27th in tampa florida.

JUNE 2012

June 1

A key part of THE federal law banning same-sex marriage has been nixed!

Just a refresher... The Defense of Marriage Act -- known as DOMA -- defines marriage for "federal purposes" as unions exclusively between a man and woman. At issue is whether the federal government can deny tax, health and pension benefits to same-sex couples in states where they can legally marry. A three-judge panel at the federal level says "no" but admits it's ultimately up to the supreme court to decide.

The zombie apocalypse is upon us or so says the internet. Searches for it have been spiking this week. Now, in true sunshine state style, it seems florida is where the outbreak is beginning. Don't judge... Just let me make my case with a timeline of events...

On the may 16th, a "mysterious rash" at McArthur High School in Hollywood, florida launched a HazMat investigation.

On may 18th, HazMat crews were called in to Fort Lauderdale-Hollywood International Airport to determine the source of an "unknown chemical" that sent five people to the hospital.

On the 20th, a guy was arrested for spitting blood in a cop's face near orlando.

On the 24th, a second rash scare at a school near miami.

Last saturday, that guy ate that other guy's face off... And that's when it started to spread.

The following day, The University of Illinois at Urbana-Champaign tweeted the following the following warning to its students: "Hazardous materials released at Institute for Genomic Biology. Escape area if safe to do so. Otherwise seek shelter."

and in new jersey, a man was rushed to the hospital after he reportedly cut out his own intestines and threw them at police officers.

Now, if you are not fully convinced that the zombie apocalypse is upon us... Here are a few more signs it is time to grab your boomstick!

- Your senator looks like this
- It's not covered under ObamaCare.
- Paying for gas literally costs an arm and a leg.
- You see a group of gaunt, sagging faces coming after you and it's not The Rolling Stones.
- You work at a morning show where you have to come in at 1 am.

June 4

And in california it's a battle between big tobacco and lance armstrong.

U-S-A TODAY SAYS CALIFORNIA VOTERS will cast ballots tomorrow on AN ADDITIONAL ONE-DOLLAR PER PACK TAX ON CIGARETTES AND OTHER TOBACCO PRODUCTS TO FUND CANCER RESEARCH. THE MEASURE IS BEING CHAMPIONED BY CYCLIST AND CANCER SURVIVOR, LANCE ARMSTRONG.

June 5

O-M-G! NEW JERSEY LAWMAKERS WANT TO CRACK THE WHIP "EVEN HARDER" ON PEOPLE WHO TEXT AND DRIVE IN THE GARDEN STATE. THE STAR LEDGER REPORTS A TOUGHER BILL IS HEADED TO THE FULL SENATE - IT WOULD DOUBLE FINES TO TWO-HUNDRED DOLLARS FOR FIRST TIMERS. 4 HUNDRED FOR SECOND OFFENSES, AND THIRD-time offenders would BE OUT 6 HUNDRED DOLLARS and a LICENSE.

June 6th

THE NATION'S SCHOOLS ARE TURNING THEIR NOSES UP AT 'PINK SLIME.' THE WASHINGTON POST SAYS ONLY IOWA, NEBRASKA, AND SOUTH DAKOTA SCHOOLS will CONTINUE TO ORDER THE BEEF FILLER. THE U-S-D-A says THE SLIME is SAFE BUT AFTER A major round of negative publicity... SCHOOLS got THE CHOICE TO ORDER BEEF WITHOUT FILLER FOR THE 2012-2013 SCHOOL YEAR.

June 7th

It's not just in the movies! Believe it or not - fashion "does" play a role in how you are perceived at work! Galttime's michelle yarn is going to help you dress the part. You want to be fashionable - BUT not too trendy - don't go overboard. Here's some ways to make the latest trends "work" at work.

DO

- pleated maxi skirt in a solid color, or muted print.
- pair with simple blouse, button down, or blazer

DON'T

- wear very bold prints
- colors hard to match
- high-low hemlines
- anything too sheer.

DO

- small punches of color
- a bright skinny belt
- blouses with neon piping

DON'T

- bright neon suits
- neon makeup
- neon head to toe

DO

- Tailored, high-waisted
- Black or Navy
- Pair with button down shirt, tie neck blouse, fun blazer

DON'T

- Go too short
- Do denim
- Leave shirt untucked

GET LINKS TO BUY THE LOOKS YOU LIKE AND FIND OUT HOW TO WEAR TWO MORE TRENDS TO WORK - AT GALTIME DOT COM NOW.

June 8th

The "washi-leaks" investigation is heating up in d-c after the justice department excused itself from the table. Apparently someone at the d-o-j might have been a source behind leaking classified info to big media outlets including the new york times. Top democrats including senator diane feinstein are on board and support an investigation into the obama administration to find out who might be leaking national security 4-1-1 about secret

agents.. Drone strikes and cyber warfare tactics.

SOME ALARMING NEWS OUT FROM THE CENTERS FOR DISEASE CONTROL - THEY SAY MORE U-S TEENS ARE SMOKING POT MORE THAN CIGARETTES.

THE C-D-C IS REPORTING THAT 23 PERCENT OF HIGH SCHOOLERS SAY THEY'VE RECENTLY SMOKED THE HIPPIY LETTUCE WHILE 18 PERCENT SAID THEY'VE PUFFED UP SOME CIGARETTES. IN THE PAST DECADES, THE AVERAGE TOBACCO SMOKING TEENS HAS GONE DOWN. THIS MATCHES THE UNIVERSITY OF MICHIGAN'S FINDINGS OF "HIGHER" OF TEEN POT SMOKERS.

June 11th

.. it could soon cost you a c-note to hang with mickey and friends at disney world

Why the expected price hikes? Universal Studios Orlando just raised it's cost of admission to 88-dollars... one dollar less than the cost of admission to disney world. Park execs say price hikes are a means of crowd control... attracting big spenders who consider the the triple digit gate fee pocket change.

NEED TO SLIP INTO A SWIMSUIT SOON?

YOU CAN BANISH THAT BELLY BLOAT SIMPLY BY AVOIDING THESE FOODS.

DAIRY PRODUCTS

-LIKE MILK, ICE CREAM AND CHEESE.

- TRY ELIMINATING DAIRY PRODUCTS FOR A WEEK-IF YOU NOTICE FLATTER ABS, YOU MAY BE LACTOSE INTOLERANT.

FIBER-RICH FOODS

-FIBER MAY BE YOUR FRIEND, BUT FOR SOME, IT CAN MAKE YOU GASSY.

-THE WORST OFFENDERS ARE-BEANS, CAULIFLOWER, BROCCOLI, CABBAGE AND BRUSSELS SPROUTS.

-EAT IT IN SMALLER PORTIONS.

FATTY FOODS

- LIKE BAKED GOODS, FRIED FOODS, GREASY PIZZA CAN IRRITATE YOUR STOMACH AND SLOW DOWN DIGESTION.

CARBONATED DRINKS

- SODAS AND BEER CAUSE BLOATING DUE TO THE EXTRA AMOUNT OF AIR THAT IS CONSUMED.

- IF YOU SIP ON A BEVERAGE THROUGH A STRAW, IT CAN CAUSE BLOATING IF YOU SWALLOW ADDITIONAL AIR.

-POUR IT INTO A CUP IF POSSIBLE.

June 12

Trayvon martin's parents will be front and center in florida this morning. The couple will deliver a petition with 340 thousand signatures asking for the "stand your ground" law to be reformed or repealed.

A 19-member task force assigned to review the controversial "self defense" rule is holding it's first public hearing today gun-control advocates are expected to hold a protest nearby.

WANT TO MAKE MONEY IN A PINCH? THANKS TO THE MONEY EXPERTS OVER AT YAHOO WE CAN TELL YOU HOW.

Sell things: E-bay, Amazon, craigslist, garage sales. Won't make you a millionaire but give you enough to fill up your gas tank.

Have your car wrapped in ads. Depending on how much you drive will be dependent on how much you earn, but it's a great way to earn a solid, recurring stream of income.

Bank for profit: These days, banks are salivating for new blood. Opening new accounts can earn you money.

Blog (or guest blog): you can earn a handsome sum blogging thanks to ads on your pages and by doing some guest blogging for new bloggers, for a fee of course.

Tutor: If you are a subject matter expert in something, tutoring someone who isn't never hurt. In fact, there are even

a few websites that will pay you to tutor, virtually.

Mystery shop: pay ranges from \$25 to \$30 to go buy something and write a review of your experience.

Recycle: Local recycling centers will pay for cans and bottles. Collect enough and you'll be able to walk away with \$20 to \$50 per trip.

June 13

u-s-a today says...A proposal to require labels on foods with genetically engineered ingredients will be on the november ballot. If passed, the law takes effect in july of 2014. Exceptions to the rule... Booze, restaurant food.. And animals fed genetically altered food.

June 14

June is "adopt a cat month" because spring is considered "kitten season," when shelters are brimming with kitty cats in need of a good home! Joining us to talk about "adopt a cat month" is judy sarullo from "pet-rescue by-judy" a no-kill shelter based here in orlando, florida.

*before we decide to adopt a cat... What should we know?

*what about the cost of adopting and caring for your new furry friend?

*if someone isn't ready to adopt just yet... What about fostering a cat?

*AND you've brought several cats who are in need of a good home? Let's meet each one...

for more information about any of the cats up for adoption we'll link you up on our website to "pet rescue by judy"

June 15th

UNEMPLOYMENT INCHED HIGHER THIS WEEK... ANOTHeR REASON THE INTERVIEW FOR YOUR NEXT JOB IS CRUCIAL, BUT WHAT DO YOU WEAR? FROM CLOTHES TO BLING, TODAY'S HOT TRENDS ARE OUTFITS MADE FOR INTERVIEWS AND CONFIDENCE.

* FIRST, FOR THE HOURGLASS FIGURE...

- THE OUTFIT: PRINT KNEE-HIGH SKIRT WITH LIGHTWEIGHT OPEN CARDIGAN AND SILK BLOUSE.

- THE BLING: CLASSIC WIDE BENGALS.

- THE SHOES: TWO-INCH WEDGE HEEL WITH ROUNDED TOE.

* NEXT, FOR a rounder BODY TYPE...

- THE OUTFIT: a SHEATH DRESS WITH DARK COLORS IN THE MID-SECTION WILL GIVE YOU A SLIM silhouette.

- THE BLING: SIMPLE, COLOR MATCHING BEAD BRACELET.

- THE SHOES: a CLASSIC, POINTY-TOE PUMP WILL ELONGATE YOUR LEGS.

* FINALLY, for a triangle shaped BODY TYPE...

- THE OUTFIT: LIGHTWEIGHT POLISHED PANTSUIT. EXTRA ROOM IN THE HIP AND THIGHS WILL KEEP YOU NICE AND COMFORTABLE.

- THE BLING: SMALL STUD EARRINGS AND MODERN NECKLACE.

- THE SHOES: A BRIGHT LEATHER CLOSED-TOE, SLING BACKS WILL ADD FLAIR.

WE'VE POSTED THESE AND MORE FOR YOU ON OUR WEBSITE, DAILY BUZZ NATION DOT-COM.

Laura Vanderkam, the author of What the Most Successful People Do Before Breakfast, says making smart use of the early morning is a practice most highly successful people share.

Here's a couple of examples... former Pepsi CEO Steve Reinemund jumps on the treadmill around 5 a.m. Every morning... author Gretchen Rubin spends an hour at 6 a.m. Just to write.

What do they know that the average entrepreneur might not have realized yet? Vanderkam says

"Seizing your mornings is the equivalent of that sound financial advice to pay yourself before you pay your bills. If you wait until the end of the day to do meaningful but not urgent things like exercise, pray, read, ponder how to advance your career or grow your organization, or truly give your family your best, it probably won't happen.

June 18th

It's one of the most crucial cases in Supreme Court history.

"Point of parliamentary procedure....

OUTCUE: "...what's the difference."

What's the difference indeed, as constitutional law and our nation's healthcare system intersect as never before, with the nine rob-ed ones deliberating the fate the Affordable Care Act. The ruling -- which will impact every American, the entire medical field and the free market system at large -- may be known by the month's end, So keep your ear to the ground. ...That is if you currently have hearing coverage.

June 19th

IN HEAD DRAMA TODAY WE ARE TALKING ABOUT STEAMY SEX DREAMS. WHAT DOES IT MEAN TO DREAM ABOUT DOING THE DIRTY WITH SOMEONE IN THE OFFICE? OUR DREAM EXPERT LAURI LOEWENBERG GAVE US THE LOW DOWN. BUT FIRST LETS LOOK AT SOME FACTS...

- * SEX DREAMS MAKE UP ABOUT 8 PERCENT OF ALL DREAMS FOR BOTH MEN AND WOMEN
- * SEX DREAMS ARE RARELY ABOUT SEX AT ALL
- * SEX, TO YOUR DREAMING MIND, IS NOT ABOUT A PHYSICAL UNION YOU WANT, BUT RATHER A PSYCHOLOGICAL UNION YOU NEED

THE SEX WITH A CO-WORKER DREAMS ARE THE MOST IMPORTANT OF ALL WORK RELATED DREAMS BECAUSE THEY ARE SHOWING YOU WHO YOU NEED TO FOCUS ON GETTING ALONG WITH AS WELL AS WHAT YOU CAN ADD TO YOUR OWN PERSONALITY OR BEHAVIOR IN ORDER TO BETTER YOURSELF AND MORE EASILY REACH YOUR CAREER GOALS.

IN THE CASE OF YOUR BOSS IT IS MOST LIKELY POWER, AUTHORITY, MANAGEMENT SKILLS, DECISION MAKING, ETC. THAT YOU NEED TO MERGE INTO YOUR OWN LIFE. THE BOSS DREAM TYPICALLY MEANS THAT IT'S TIME TO TAKE CHARGE!

SPICY OR AWKWARD, FIND OUT MORE ABOUT THOSE SEX DREAMS AT HEAD DRAMA DOT COM NOW!

June 20th

anxiety. Too much can mess you up, too little and you are sluggish. That's why new research says you need to find the anxiety sweet spot. experts say every year, 18 percent of people suffer from anxiety disorders, and others could stand to worry a little more about things. The goal is to convert your anxiety into action. Channel it into motivation to get things done.

By the way, The anxiety sweet spot is also the name of a chicago area candy store in which children never know if they'll get free lollipops or be shot.

June 21

a-c and cold beverages will be in high demand today as heat and wind dominate the headlines! a heat wave will affect eight states along the east coast from virginia to new york! "hotlines" have been set up to help people deal with the triple digit temps... as for those fires out west... gusty winds will make containing the blaze in colorado even more of a challenge. The "high park" fire is now 50 percent contained but the blaze has already charred close to 60-thousand acres.

--

do you live alone? Are you lonely? Well, bad news. You're gonna die! Ok, not today, but new research says could be killing you.

two different studies show people of all different ages are more likely to die of heart disease if they live alone. Why? Living alone could be a sign of relationship issues or depression, or it could simply be that you don't have someone else watching your back. Loneliness factored in too. people age 60 and older, who reported feeling lonely, were 45 percent more likely to die during the study.

June 22

The jury continues TO deliberate the fate of Jerry Sandusky this morning as shocking new accusations surface! They spent more than eight hours yesterday and asked to "rehear" testimony from two key witnesses one is mike mcqueary... The other is the doc who said mcqueary gave him a different account of what happened. As the jury got the case, a lawyer for Sandusky's adopted son Matt says he was also sexually abused by jerry. These new claims won't affect the case.

June 25

The nation's highest court is expected to have a decision about obama-care today. All sides are preparing for political fallout from the supreme ruling on whether "the affordable care" act is constitutional. The big point of contention... forcing americans to buy health insurance. The justices could rule separately on the mandate... Allowing a toned down version to stay "in play."

June 26

With the explosion of pinterest, crafting is hot right now. According to yahoo, searches for crafting are spiking right now. With everything from kids crafts to duct tape crafts trending online we thought we would show you a few ways to get your craft on.

first up, we go straight to the source of it all... Pinterest.

- pinterest is a d-i-y person's dream come true. If you haven't got on there yet, you can browse through tons of photos from all over the internet in one place.

- if you see something you like, you click on the picture and it takes you back to the original source it came from where you can often find instructions and tips on how to do it yourself.

- after a quick glance, we found ways to spruce up old lamps and photo frames, how to make an iphone dock out of old books, and beginner instructions on how to sew and knit.

like this shirt made from a table cloth... Making clothes from other things, cool, actually wearing a table cloth or drape... Not so hot.

or these duct tape flip flops that look like the bow was taken off a 10 yr. Old's birthday present. Not the best execution here.

- but there are lots of great things, so it's a good spot to go for inspiration.

Next up, if you would rather go for something a little more hands on, why not try a class at a local craft shop? jo-ann fabrics offers tons of classes on lots of different types of crafts.

- their websites says, The expert instructors at Jo-Ann make it easy to learn: Knit & Crochet, Quilting, Sewing for Apparel, Home Decor & Crafts, Scrapbooking, Painting, Jewelry-Making, Floral Design & Foodcrafting.

- you can also gift a class to someone or have a crafting party with an expert.

- plus, on the weekends they often offer free demos.

Finally, if you love scrapbooking, but don't have anywhere to do it, martha stewart is hooking you up with some virtual scrapbooking.

There is an app called craftstudio for the ipad. It is free to download and allows you to personalize cards, invitations, thank-you notes, scrapbook pages, keepsakes, and more. Browse through an array of colored and patterned "paper" backgrounds, import your own photos, and embellish with an abundance of stickers, stamps, glitter, textured borders, fonts, and punches. Tap to share your works of art with family and friends. So versatile, it's the only digital crafting tool you'll need!

The app comes with four sets of themed designs: Everyday, Birthday Party, Doily Lace, and Nature. Plus there are other packs available for purchase.

June 27

Senate leaders from both parties are holding their breath to see if House Republicans will approve their deal to extend a rate cut on student loans. ...Oh, Mitch McConnell just passed out.

House G-O-P leaders will mull it over at a meeting this morning. Conservatives are worried about the \$6 billion price tag being offset by increased pension costs for businesses. The deal would prevent the current 3.4% interest rate from doubling on Saturday.

MAJOR COLLEGE FOOTBALL FINALLY HAS AN HONEST-TO-GOODNESS PLAYOFF... KILLING OFF THE 14-YEAR REIGN OF THE OFTEN CRITICIZED BOWL CHAMPIONSHIP SERIES.

A committee of university presidents yesterday approved a plan for a four-team playoff put forward by commissioners of the major football conferences.

June 28

and THE F-D-A HAS SAID YES TO A NEW WEIGHT-LOSS PILL. THE PILL "BELVIQ" IS THE FIRST WEIGHT-LOSS MEDICATION APPROVED IN 13 YEARS.

THE DRUG WORKS BY ACTIVATING A RECEPTOR IN THE BRAIN THAT MAY HELP A PERSON EAT LESS AND FEEL FULL. THIS MIGHT HELP MORE THAN TWO-THIRDS OF OVERWEIGHT AND OBESE AMERICANS. AND GUESS WHAT.... Wait for it.... YOU HAVE TO EAT RIGHT AND EXERCISE TO MAKE THE PILL EFFECTIVE. Shocker!

JUNE 29

"obama care" survives... but the fight is far from over!

Since the Supreme Court's leader john roberts argued "obama care" is more like a tax.. The prez will have to defend his "affordable care" decision.some additional challenges... The election. Mitt romney has vowed to "derail" the

mandate if elected. the decision is sure to energize g-o-p voters after a new poll revealed 52 percent of americans don't like it. And the other big hurdle... Many states are refusing to cooperate.